

**FOR IMMEDIATE RELEASE**

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## **VIRGINIA DEPARTMENT OF HEALTH BRINGS EDUCATION AND FUN TO THE STATE FAIR OF VIRGINIA**

(RICHMOND, Va.)—The Virginia Department of Health (VDH) will host three exhibits at the State Fair of Virginia Sept. 22 through Oct. 2 at the Richmond Raceway Complex. The exhibits will focus on preparing your family for an emergency, fitness and nutrition and helping parents talk to their kids about postponing sexual activity.

Learn how to stay safe and protect your family with hands-on activities, educational materials and contests at VDH's Emergency Preparedness and Response exhibit. Win prizes as you discover how germs are spread, assemble a disaster kit, test your emergency preparedness knowledge and put on a puppet show. The exhibit will be located in the Technology Center.

Parents can pick up a free toolkit to help them discuss sex with their children at the Talk 2 Me booth, in the Better Living Center. The kit is designed to help parents of 10 to 14 year olds talk with their kids about issues such as peer pressure, sexually transmitted diseases, postponing sexual activity, and abstinence. Included in the kit are a CD with sample conversations, a parent brochure, a how-to guide, a resource guide and an interactive card game.

Find out how to eat right, exercise and live a healthy lifestyle from VDH's CHAMPION initiative, the Commonwealth's Healthy Approach and Mobilization Plan for Inactivity, Obesity and Nutrition. This and other information on healthy lifestyles for students, employees and families will be available at Governor Mark R. Warner's Healthy Virginians booth, located in the Better Living Center.

To learn more about the Talk 2 Me kit, Emergency Preparedness and Response or CHAMPION programs, visit the VDH Web site at [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

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